ripe, but most often it is boiled green and then pounded on a mortar. Bits of meat and/or fish may be added to the pulp. In this form it is called bala by both Negroes and Cayapa. In the ripe form, it may be boiled and treated as bala, or it may be eaten raw. Children eat enormous amounts of ripe plantain, and they never seem to become satiated. Important adjuncts to the subsistence pattern are the traveling merchants who bring canoe-loads of dried fish, clams, bread, cookies, sugar, and candy as well as smuggled Colombian cloth and clothing, up from the coast.

Hunting is a very important activity, and most Cayapa men spend one or two days a week tracking game. The main animals are large rodents called guanta /walámbu/, a smaller rodent called guatin /kúyu/, peccary /netúšu/, jaguar /kéla/, puma /l^{y}ukéla/, monkey /wášu/, squirrel /yámbu/, and the armadillo /čil^{y}ámbu/. Large birds are shot whenever possible and include toucans /čandútu/, the wild turkey /éle/, and a hawk /huyál^{y}u/. At the present time, hunting is done almost entirely with muzzle-loading shotguns. Hunting is generally a small operation involving no more than three